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**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs  
October 4, 1946

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U. S. Department of Agriculture  
Radio Service

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### FISH PLATTER...

One of the plentiful foods for October is fish. Storage holdings of this important protein food totaled over a hundred and fifty million pounds on September 1...an all-time high for this time of year, and over forty million pounds above the amount in storage on the same date in 1945.

Our principal varieties of food fish are caught in volume during the months July through October. The point to make at this time is that we will not be able to use the maximum catch this season unless storage space at major producing centers is available. At present practically all facilities for freezing and storing fish are at capacity level. Therefore, greater use by consumers will help move stocks.

Most of the frozen fish in storage are in fillet form. Fillets are the meaty sides cut from the fish, and the varieties most plentiful now are rosefish, cod, haddock and whiting. Halibut is also in good supply. Halibut...and salmon...are usually sold in steak form...that is in cross-sections cut from large fish. Sablefish and mackerel are available in round or dressed style. Fish sold as caught are known as "whole" or "round" fish. Dressed fish have had entrails, head, tail, and usually the fins removed.

From December until April, when the new fishing season starts, withdrawals from storage will exceed production. The purchase of fish now has a two-fold angle. First, it means more protein food at a time when meat is limited. Second, it makes storage space available for stocks we can draw on during the winter months.

\* \* \*

### FISH FOR DINNER...

It's good news we're giving you this week regarding the generous fish supply, because fish is fine for the main course at dinner any day in the week. It needn't be restricted to Friday. In all probability, however, you'd be glad to have a few suggestions about cooking fish.

In a good many families, not much imagination is used in preparing fish...too often it's fried, and that's that. And right now, while we're trying to conserve fats and oils, we'll do well to give consideration to all the other methods of cooking fish. Baking, broiling and steaming give delicious results, as you doubtless know. A whole fish, baked, with a flavorful stuffing, looks and tastes so good that it can be served without any apologies.

When it comes to using up the left-overs, there are various creamed and scalloped dishes, curried fish, and fish salads, plain or jellied. These are just a few suggestions...your menu files doubtless contain many more.

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## WHY THE FATS AND OILS SHORTAGE...

There's nothing very cheerful about this situation, looking at it from a world-wide standpoint. Maybe you'll understand better the necessity for continuing to stress conservation and fat salvage if you know some of the facts. U. S. Department of Agriculture's Office of Foreign Agricultural Relations tells us that the world output of fats and oils may not reach the 1935-39 level for three years or more.

### The Reasons Why:

Political unrest may delay the restoration of normal production of Manchurian soybeans and Sumatran palm oil.

The output of whale oil may never reach prewar figures. To guard against depletion of the whales, an international agreement has been made which limits the production of whale oil to about one-half the 1938 level.

Several producing areas, such as India, may keep a larger proportion of their domestic production of oil for their own use.

### A Few Favorable Factors:

On the other hand, expansion of sunflower seed production in Argentina is expected to continue. During the war, sunflowerseed oil came into use in several countries formerly not well acquainted with it. It's a desirable edible oil, comparing favorably with cottonseed and peanut oil. In the past ten years, it's become an important crop in Argentina, and the 1946 acreage was the largest ever reported for that country.

When it comes to lard and soybeans, the output in the United States probably will remain above the 1935-39 level for sometime. Also, several countries will subsidize domestic production of fats and oils, so they won't have to import so much. And, of course, the import demand of some countries may be restricted by lack of purchasing power.

### Demand Exceeds Supply:

Total exports from principal producing countries are estimated at close to three million short tons for 1946. The 1935-39 average was about six and a half million short tons. The world's import requirements for this year are about double the supply available for export. In Europe alone, the demand exceeds that of prewar years for several reasons...the reduced oilseed production in the Balkan countries...and the small 1945 Mediterranean olive harvest.

The International Emergency Food Council (formerly the Combined Food Board) is attempting to arrange a fair distribution of export supplies of fats and oils. By means of allocations, they're trying to prevent severe competition among the importing countries. Otherwise, with the world-wide shortage, the countries best able to arrange purchases could obtain the bulk of the available supplies.

## SOUP'S ON...

This is the time of year when we begin to think more about including soup in our meal plans...not only that "soup of the evening", mentioned in "Alice in Wonderland", but soup at lunchtime too. You probably remember that the song went on:

"Beautiful soup, so rich and green,  
Waiting in a hot tureen.  
Who for such dainties would not stoop?  
Soup of the evening, beautiful soup!"

While this rhapsody evidently concerns pea soup, it's just as easy to be enthusiastic about tomato soup, rosy and red...or corn soup, golden and glowing...or potato soup, creamy and satisfying. And since the onion crop's a generous one this year, you might well give thought to the deliciousness of onion soup...either the tasty brown French variety or cream of onion soup.

And don't overlook vegetable soup, which can be almost a meal in itself...what with potatoes, turnips, carrots, tomatoes, onions, celery, and green peppers. A bowlful of vegetable soup can form the first course at dinner, or provide the piece de resistance at luncheon, and will be equally popular with both oldsters and youngsters.

Fish chowder is very much in order these days, too. Oyster stew also is a great favorite with many people throughout the fall and winter months.

We've heard there's a contest going on to determine America's favorite soup...the one variety that can be called typical. After all, there's the Onion Soup of France, the Bird's Nest of China, Italy's Minestrone, Russian Borsch, the famous Oxtail Soup of England, and so on. Whatever soup is chosen by the jury of experts, we know Americans always will answer with enthusiasm the call "soup's on!"

\* \* \*

## POTATOES PLUS...

Here's an idea for making the most of some of those plentiful potatoes...specifically the baking variety we're seeing around more and more.

Take the giant-size bakers, after they're done, cut them in half lengthwise, and scoop out the inside. Mash, add some fat and seasonings, and stir in some hot milk. Beat until it's fluffy and smooth. Then if you have a little chopped left-over meat, or chopped luncheon meat, fold this in, and stuff the mixture back into the shells. Brush the top with melted fat and brown in a hot oven.

The same procedure can be followed with flaked fish, or with grated cheese, to add both flavor and food value.

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Potatoes prepared in this way can be used as the main course .  
at luncheon or a simple dinner.

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### HOPE FOR MORE HONEY...

Decontrol is the news about honey...and now that price ceilings are off, the homemaker soon will find more honey in the stores. You see, while there were price ceilings, the honey producer (and we mean the bee-keeper, not the bee!) found he could make more money by selling to his friends and neighbors, rather than to the wholesaler. And that's what's been happening to the honey, to a great extent.

If we may mix a metaphor, let us say that one fly in the ointment is this...the 1946 honey crop is considerably smaller than last year's. The weather is partly responsible... bees are allergic to cold and rain, and it seems there was a lot of this to contend with. Also, the population of many bee colonies was depleted by some of the new and deadly insect sprays.

However, bee-keepers have been asked to raise more bees next year... six percent more, in fact. This in turn will mean more honey...a definite help in these times when sugar is short.

\* \* \*

### DRIED PEACHES...

Now that cool weather is coming, you'll see more dried fruit at your grocery stores. Total production is expected to be about the same as last year. Increases have been made in the output of dried peaches, apricots and figs. The production of dried pears is the same as last year, and the amounts of raisins, prunes and apples will be lower.

With the exception of apples, peaches are the only dried fruit that will be lower in price than last year. There are nearly 50 million pounds of dried peaches...mostly Freestone type...ready for retail distribution. This is a four million pound increase over 1945.

Because military and government requirements are low this year, most of the production will be for use in this country.

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### FRUIT-FUL IDEAS...

The clever cook can perform a bit of magic with dried fruits...or at least it looks like magic, when you see the change from their dry, wrinkled appearance to the tempting hot dish, or the delicious fruit dessert.

(more)

Weight for weight, dried fruits outshine fresh fruits in minerals and most other food values, United States Department of Agriculture's food specialists tell us. There's less water and more substance...sugar for energy... vitamins and minerals too. Dried fruits of all kinds...prunes, raisins, apples, peaches and apricots...combine well with many other foods. Here are some suggestions for using them:

Dried fruits make an excellent sauce.

Dried fruits add flavor and sweetness to cereals, and can be used in this way as a breakfast food, a supper dish, or a pudding.

Dried fruits and bread crumbs or cooked cereal, combined in a stuffing can dress up the cheapest cuts of meat.

Dried fruits can be combined with vegetables or meat, in a scalloped dish.

Plain bread, muffins and cookies become something extra special when dried fruits are mixed into the batter or dough.

Dried fruits make a wholesome candy. One or several kinds can be ground, mixed with peanut butter or finely chopped nuts, and rolled into little balls.

Remember that dried fruits should be closely covered to keep out dust and insects. Protected in this way, they'll keep a long time on the pantry shelf, ready for use.

\* \* \*

#### FAO COMMISSION...

News has begun to arrive from the U.S. Department of Agriculture people who attended the Food and Agriculture Organization Conference in Copenhagen during the first two weeks of September. One important development was the establishment of a commission to study Sir John Orr's proposed World Food Board. This Board, as you doubtless remember, would be designed to protect farm prices and improve nutrition on a worldwide basis.

The commission, including representatives of sixteen countries, will meet in Washington sometime this fall. A seventeenth country, Siam, will sit in on consideration of rice matters. Argentina and Russia also have been invited to take part in the work of the commission, although they're not members of FAO.

Incidentally, here's a good description of Food and Agriculture Organization from one of the delegates to the Conference, L. A. Wheeler, Director of the Department of Agriculture's Office of Foreign Agricultural Relations. Mr. Wheeler said: "FAO is the Department of Agriculture of United Nations...somewhat comparable to the U. S. Department of Agriculture's role in the U. S. Government."

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## THAT SAVING STITCH...

Readymade clothes haven't returned to prewar standards as yet, either in materials or in workmanship, but there's one way in which the consumer can help to improve the situation. By making a careful check of all garments, and also of household textiles, before they're worn or used, and taking a stitch here and there, she can often save many more stitches in patching and darning later on. Here are some of the points to check:

Stitching: Rip out and restitch any broken, knotty, drawn or crooked stitching.

Seams: Narrow seams may need to be stitched a little deeper to make them hold. If the material is fraying not too badly, simple overcasting of the raw edges will make a seam secure. If it frays readily, however, it's better to run a row of machine stitching near the cut edges. A double row of stitching will help to keep unfinished seams from stretching and fraying, one row an eighth of an inch or so inside the other.

Hems: Hems, which are usually loosely sewed in ready-made dresses, should be rehemmed with secure stitches and strong thread. With needle and thread, stay the ends of hems on sheets, towels, pillowcases, where stitching is clipped off even with the cloth. Machine stitch or overhand open ends of hems on sheets and bath towels.

Dangling Threads: Pull these through to the inside and tie securely. If they're long enough, run them through a needle and fasten with a few stitches...or pull inside a hem or fold.

Bindings: To save a big mending job later, make sure all bindings are secure. If binding is sewed too close to the edge, rip it, move in a little deeper, then restitch.

Lock-stitched Edges: Lock-stitched edges on terry towels and other loosely woven textiles should be strengthened with a row or two of machine stitching. If the material is thin and the edge wide enough, turn the material under once before stitching.

Plackets: Plackets often need strengthening, because of the strain they must stand. Put in extra stitches at the end of the placket, or sew tape stays across the ends on the underside.

Pocket Corners: Strengthen pockets at the corners to keep them from tearing. For pockets on a blouse, a second row of stitching usually is enough. Dress and apron pockets must be more sturdy. Lay a piece of tape on the underside in line with the pocket top. Stitch it in with the corners.

Stretchy Edges: Necklines, collar, plackets, and pockets not cut on the straight of the goods sometimes stretch, then tear. Stay these places by sewing tape on the underside of the outer edges. Or rip open the facing, sew tape next to the edge, and restitch the facing.

Fastenings: Rework raveled or weak buttonholes with a buttonhole or blanket stitch. If the buttonhole is completely raveled, machine stitch close to the cut edge of the hole. Then work the buttonhole by hand.

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Loose buttons should be sewed with a strong thread. Leave a shank of thread so the buttonhole can slip under the button without straining the cloth.

Snap or hooks and eyes should be sewed neatly and securely. Use strong but not heavy thread that matches the material.

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### FEATURE THESE

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U. S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

#### BALTIMORE

Apples  
Cauliflower  
Corn  
Eggplant  
Lettuce  
Lima beans  
Onions  
Peppers  
Potatoes  
Tomatoes

#### BOSTON

Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chicory  
Escarole  
Grapefruit  
Onions  
Parsnips  
Radishes  
Spinach  
Turnips

#### NEW YORK

Apples  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Corn  
Eggplant  
Grapes  
Lettuce  
Onions  
Peppers  
Potatoes  
Snap beans  
Sweet potatoes

#### PHILADELPHIA

Apples  
Beets  
Cabbage  
Cauliflower  
Collards  
Escarole  
Lima beans  
Onions  
Parsnips  
Peppers  
Potatoes  
Snap beans  
Spinach  
Sweet potatoes

#### PITTSBURGH

Apples  
Cabbage  
Onions  
Potatoes

#### WASHINGTON

Apples  
Cabbage  
Onions  
Potatoes

**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

October 11, 1946

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## SCHOOL LUNCHES FOR ALL...

The good news about the National School Lunch Program is that agreements now have been signed by the Department of Agriculture and all of the 48 states, the District of Columbia, and the territories. It's estimated that at least eight million school children will get school lunches under this cooperative program during the school year 1946-47. These children are attending more than forty-six thousand public and nonprofit private schools. As you know, this will be the first year of operation under the permanent school lunch legislation, signed by the President last June 4th.

Commenting on the fact that all States and territories will participate this year, Secretary of Agriculture Anderson pointed out that the National School Lunch Act outlines a broad policy of assisting the States to see that children get adequate and nutritious lunches. It also recognizes the basic principle of improving farm income by providing wider outlets for farm production. The Secretary went on to say: "We in the Department of Agriculture are gratified that the program will be truly national in scope, even in this first year under the new legislation. The basic framework for operations has been established. It is now up to the States and Local communities to provide the understanding and support which will develop the program's full potentialities."

The Secretary also quoted the statement made by President Truman at the time he signed the Act, when he said, "In the long view, no nation is any healthier than its children or any more prosperous than its farmers; and in the National School Lunch Act, the Congress has contributed immeasurably both to the welfare of our farmers and the health of our children."

Incidentally, since the funds available for this school year already have been allocated, and even more schools have expressed a desire to take part in the program, Department of Agriculture officials expect a demand for even greater coverage in the future.

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## THE NEW BASIC 7...

The Basic 7 Food Guide, postwar version, has just been issued by the U. S. Department of Agriculture's Bureau of Human Nutrition and Home Economics. All of you doubtless made use of the Basic 7 chart which was published during the war as a nutrition guide. Seven groups of food were shown on this chart, and the recommendation made that some of each be included in the daily diet. Now, however, quantities are suggested, and that's what makes this edition of the Basic 7 news.

Here's a brief resume of the seven food groups, their food values, and the number of servings of each suggested. This quantity is the minimum, by the way:

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Leafy, green and yellow vegetables: Rich in Vitamin A and iron; these vegetables provide worthwhile amounts of B-vitamin riboflavin, and some calcium. Many foods in the group furnish Vitamin C when they're eaten raw. The root and seed vegetables also add considerable calories to the diet. The suggested quantity is one or more servings daily.

Citrus fruits, tomatoes, raw cabbage: These foods are the main sources of Vitamin C, although a few other fresh fruits are also rich in this vitamin. Certain vegetables if eaten raw in large enough quantities, also provide C. The suggested quantity is one or more servings daily.

Potatoes and other fruits and vegetables: This group is an aid to good diet in a number of ways...it provides vitamins, minerals and calories. A wide variety should be chosen, and two or more servings should be eaten daily.

Milk, cheese, ice cream: These dairy products are the leading sources of calcium and riboflavin. They also provide high quality protein, Vitamin A, and some of all the other known vitamins and minerals the body needs. Suggested daily quantities include three to four cups of milk daily for children; two or more cups for adults.

Meat, poultry, fish, eggs, dried beans, peas: These are valuable protein foods. They also provide important B vitamins, iron, and good amounts of calories, although different foods in the group vary considerably in these food values. One to two servings daily are recommended.

Whole-grain or enriched bread, flour, cereals: These supply the B vitamins, thiamine and niacin, and iron. They also contribute some protein, and are the least expensive source of calories. Some should be eaten every day.

Butter and fortified margarine: These fats are rich in vitamin A and, like all fats, furnish many calories per serving. Some should be used daily.

When it comes to foods not included in the Basic 7 groups, if they are used, they should be in addition to, not in the place of, the Basic 7. They're chiefly useful for the calories they provide.

NOTE TO BROADCASTER:

"National Food Guide", a booklet explaining the Basic 7, and a colored wall chart illustrating it in simple graphic form, are being printed. Copies of each will be mailed to you as soon as possible.

## RIPENING RESEARCH ON CANTALOUPS...

While we were cantaloup-shopping this summer, trying to remember all the rules for picking out a good, ripe melon, the research people of USDA were conducting tests with the object of giving us riper cantaloups in the future. It wasn't a new variety of melon they were looking for, but a new method of shipping...one which would make it possible to leave the melon on the vine longer, so that it would get riper. Cantaloups reach their highest peak of flavor when they're left on the vine to ripen, but if they're too far advanced when they get to market, they're almost a complete loss. It's common practice, therefore, for shippers to pick melons when they're green or immature.

Top-icing seems to be the answer to the problem. In the trial which has just been reported by USDA's Production and Marketing Administration, ten thousand pounds of ground ice--often called snow ice--were blown in on top of the loaded crates of cantaloup. In the past, the melons have traveled in cars which had ice in the ice compartments, and which might or might not have a fan to circulate the cool air in the car. Top-icing, however, was superior to all other methods tried in cooling the cantaloups and bringing them down to a good shipping temperature quickly.

The cantaloup season's just about over for this year, but probably by 1947 consumers will reap the benefit of this research in the form of luscious, ripe cantaloup, just right for eating when they're brought home from the fruit store.

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## SPICE COMEBACK...

Only three spices are yet under allocation...that is, there is some control of their distribution by the U. S. Department of Agriculture...because they are in short supply. Those three are pepper, nutmeg and mace. But even for these the pre-war sources are gradually opening up, and our imports are on the increase.

During the war, practically no pepper was received in this country, and we had to dole out inventory stocks very carefully. Just recently, however, arrangements were made for imports from the Netherlands East Indies, Malaya and even some from Indo-China and Siam. Supplies of pepper in these countries are not under world allocation, and it's just a matter of arranging for purchases and getting the shipments to this country. Pepper from India, on the other hand, is under allocation control of the International Emergency Food Council.

Our only sources of nutmeg and mace during the war was the British West Indies. Now the Netherlands East Indies are coming back into the supply picture, so nutmeg and mace...the latter is a parasitic growth on the nutmeg tree...will also be easier to obtain.

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As for cinnamon, cloves, ginger, allspice...and the host of other spices that are called upon to liven up food dishes... there is no limitation on use other than the one the cook will exercise.

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#### SUMMARY OF FAO CONFERENCE...

Here's a brief summary of the actions of the Food and Agriculture Organization Conf, held in Copenhagen, Denmark, September 2 to 13...in case you haven't already heard the results:

The Conference created a Preparatory Commission to develop concrete recommendations for an intergovernment program designed to prevent both shortages and surpluses of food and other agricultural products.

#### NOTE TO BROADCASTER

We mentioned this in last week's RADIO ROUND-UP, pointing out that the Commission will consider Sir John Orr's proposal for a World Food Board.

Five new member countries were admitted...Ireland, Italy, Portugal, Switzerland, and Hungary. This brings total FAO membership up to 47.

The Conference approved the preliminary report of the FAO Mission for Greece. This was the first such enterprise of FAO, in which a group of experts made a broad study of the agriculture and fisheries of Greece, and recommended the outlines of a long-range program. The Conference also considered the reports of six newly created standing advisory committees--the Joint Committee on Agricultural Science and Agricultural Production, and the Committees on Economics and Marketing, Statistics, Fisheries, Forestry, and Nutrition.

The recommendations of the special meeting in Washington last May, calling for continued controls and economies in the use of grains and other basic foods in short supply, were reaffirmed. The Conference also endorsed a resolution of the UNRRA Council bringing out the need for special action to finance food imports by nations which have been receiving aid from UNRRA.

In emphasizing long-range problems, the Conference remained fully aware that the postwar period of emergency food shortage is by no means ended, and that for the next few months the problem will be to produce as much food as possible, and to get it to the people who need it most. While harvests have been unexpectedly good and have somewhat improved the food outlook since last May, the Conference pointed out that there's likely to be a gap of about eight million tons of bread grain between needs of deficit countries and the supplies likely to be available for export.

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Important actions concerning FAO organization included approval of a draft working agreement with the United Nations, (which still has to go before the next UN General Assembly), and creation of a Finance Subcommittee of the FAO Executive Committee.

\* \* \*

STORE THOSE SPUDS...

NOTE TO BROADCASTER

As we told you a few weeks ago (RADIO ROUND-UP 9/13/46) the potato crop this year is tremendous. We'll be giving you general information about potatoes and suggestions for their use right along now, because the problem of using them up is a considerable one. To avoid unnecessary waste, people should be encouraged to eat more of them, and to store more of them at home. The quality is high, and they'll be on the market in large quantities during early November. However, these potatoes must be stored or moved rapidly into consumer channels to prevent freezing. You can help by mentioning potatoes in your broadcasts frequently, and by making suggestions regarding selection and use.

As you probably know the potato crop this year is very large, and the problem of using them up is almost as great. To avoid waste of this high-quality crop, consumers are urged to eat more potatoes and to store more of them at home. Here's what the U. S. Department of Agriculture's food specialists have to say about potato storage.

The late crop potatoes are the best for storing. Sort them carefully, taking out those that are decayed, and reserving any that are bruised or cracked to use up first.

Keep potatoes cool but not cold...don't let them freeze. The ideal storage temperatures are between 40 and 60 degrees Fahrenheit. Stored at a temperature below 40 degrees, potatoes may acquire a sweetish taste. Some of the starch turns to sugar, you see. The flavor can sometimes be restored by putting the potatoes in a warmer place for a week before using. The storage place should be dark, as light gives potatoes green spots that are harmful to eat. These can be cut off, and the rest of the potato eaten, but it's wasteful. Therefore, stored potatoes should be carefully covered with cloth or paper.

As regards sprouted potatoes...these can be eaten if they're peeled. The sprouts never should be eaten, however, as they contain the same harmful substance that's in the green spots.

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SALUTE TO "SWEETS"...

Legend has it that when Columbus discovered America he also found the sweetpotato at the same time. But long before Columbus came to the New World, Central American Indians learned that this member of the morning glory family possessed edible roots, which they cultivated and developed into large potatoes. Of course, the Indians may not have known what a fine food they had developed, but we, today, value sweetpotatoes for their abundance of Vitamin A, some C and small amounts of minerals and Vitamin B. Nutritionists tell us that the sugar and starch found in "sweets" make them an economical energy food.

From now on through November 15th sweetpotatoes are expected to be plentiful in most markets. They will also be available right through the winter, but not in such abundant supply. There are generally three varieties you may choose from now: the Puerto Rican, a reddish colored, moist potato, the yellow semi-moist Golden and the dry-type yellow Jersey.

There are a number of ways to serve sweet potatoes. They may be boiled, baked, mashed, scalloped with apples, glazed or made into cakes, biscuits, sweet potato custard or a sweet potato puff.

A sweet potato puff is quite easy to make and should bring the homemaker accolades from the whole family. Here is the recipe:

Sweetpotato puff:

To 3 cups mashed sweetpotatoes add 2 beaten egg yolks, 2 tablespoons melted fat, about 1/2 teaspoon salt, and 2 tablespoons sugar if desired. Gradually add about 1/2 cup milk or orange juice, and beat until mixture is light and fluffy. Add 1/2 cup raisins (soaked 5 to 10 minutes in boiling water.) Fold 2 stiffly-beaten egg whites into the sweetpotato mixture, and pile lightly into a greased baking dish. Bake in a moderately hot oven (375°F.) about 30 minutes, or until puffed and browned. Six servings.

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AGRICULTURAL OUTLOOK CONFERENCE...

NOTE TO BROADCASTER

The following story is entirely background material

The 24th Annual Outlook Conference of the Department of Agriculture was held in Washington, D.C., October 7-12. This conference was attended by representatives of USDA from all parts of the country. Agendum included a comprehensive picture of world food problems, from the standpoint of both supplies and nutrition, discussions of both the national and international economic situation, and the outlook for  
(more)

agriculture. Also on the Conference program were discussions of the commodity situation, of financial planning for the family, the outlook for household equipment, and the ways of getting outlook information to farm people.

The opening talk was delivered by Secretary of Agriculture Clinton P. Anderson. Other speakers included Eugene Meyer, President of the International Bank; Dr. Denis A. Fitzgerald, Secretary-General of the International Emergency Food Council and Marriner S. Eccles, Chairman, Board of Governors of the Federal Reserve System...and in addition, chiefs of a number of USDA's bureaus, and other department specialists.

The comments of several speakers should be of special interest to the directors of women's programs. Among these are Dr. Hazel K. Stiebeling, Chief of the Bureau of Human Nutrition and Home Economics. Dr. Stiebeling, as you know, was a member of the U. S. delegation to the FAO Conference in Copenhagen last month. Her subject at the Outlook Conference was the world nutrition situation. Since complete information regarding these discussions was not available before this week's deadline for Radio Round-Up, we plan to include some notes of them next week.

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#### FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U. S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

#### BALTIMORE

Beets	Onions
Cabbage	Parsnips
Carrots	Potatoes
Cauliflower	Radishes
Celery	Spinach
Chicory	Squash
Corn	Turnips
Escarole	

#### BOSTON

Apples
Cabbage
Cauliflower
Celery
Corn
Lettuce
Onions
Potatoes
Sweetpotatoes
Tomatoes

#### NEW YORK

Apples	Onions
Brussel sprouts	
Cabbage	Peppers
Cauliflower	
Celery	Potatoes
Grapes	Sweet-
Lettuce	potatoes
	Tomatoes

#### PHILADELPHIA

Apples
Beets
Carrots
Cauliflower
Celery
Onions
Potatoes
Sweetpotatoes

#### PITTSBURGH

Apples	Peppers
Cabbage	Plums
Celery	Potatoes
Crabapples	Quinces
Onions	Spinach

#### WASHINGTON

Apples	Grapes
Beets	Lettuce
Cabbage	Onions
Celery	Parsley
Chicory	Potatoes
Eggplant	Spinach
Escarole	Sweet-
Grapefruit	potatoes
	Turnips

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U. S. DEPARTMENT OF AGRICULTURE

**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

October 18, 1946

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.

MEAT DECONTROL DATA...

Top food news of the week was, without doubt, the removal of price controls on all meat and livestock.

Following President Truman's announcement Monday night, October 14th, Secretary of Agriculture Clinton P. Anderson pointed out that the removal of price controls was consistent with the purposes of the Price Control Extension Act of 1946: to promote an early balance between livestock production and consumer demand, and to aid the livestock industry to return to a sound peacetime basis.

In a statement concerning the decontrol order, Mr. Anderson declared that future beef production might be impaired through the depletion of range and pasture land if dangerously large numbers of grass-fat beef cattle continued to graze on farms and ranches. The Secretary pointed out that "...this condition will become worse unless liberal marketings for slaughter are resumed without delay. This could not happen when there was constant agitation for the removal of price ceilings and when announcement was made that a decontrol petition would be filed at the very time that the run of grass-fat cattle should be at its height.

"In addition to the cattle that should be moved from ranges to slaughter houses and to feed lots," Mr. Anderson asserted, "there are now many cattle in feed lots that should be slaughtered soon....Cattle feeding operations should be maintained at a high level so as to take full advantage of our abundant feed production by increasing the weights of thin cattle and spreading beef supplies over the season. However," he said, "the feeding of cattle for future slaughter should not be carried to such lengths that current beef supplies will be unduly short. This is what appears to have happened in recent weeks under price controls with agitation for their removal."

"In view of the situation," Secretary Anderson concluded, "the decision was reached that decontrol of cattle and beef would best carry out the purpose of the stabilization legislation..... Moreover, because of the close interrelation of beef and other meats, it is not considered practicable to maintain controls on other livestock and meats even though pork, lamb, and mutton will not be as plentiful as beef."

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1947 FOOD OUTLOOK...

The food outlook for 1947 indicates that our supplies will be at about the same high level as in 1946. It's interesting to note that the average consumption of food per person is about 15% higher than before the war, specifically, in the period from 1935-39. This was in spite of heavy exports, and was made possible by our near-record food production and reduced military

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demands. It will continue because exports probably will be much smaller next year, even though food production may not be quite as high.

The U. S. Department of Agriculture's Bureau of Agricultural Economics, in forecasting the national food situation, states that no particular change is expected next year in supplies and average consumption of the following foods: meat, chicken and turkey, skim milk products, vegetable fats and oils, fresh fruit, (other than citrus), canned fruit juice, potatoes, sweetpotatoes, and dry beans. There are likely to be somewhat smaller supplies of eggs, fresh vegetables, and milk in all forms. The use of fluid milk, cream and ice cream is likely to be cut to some extent by the higher prices, although this will depend somewhat on the amount of money we have to spend.

There are several food items which it appears will be in somewhat larger supply in 1947 than they've been this year. These are: butter, lard, evaporated milk, cheese, citrus fruit, canned and frozen fruit, wheat flour, corn products, rice, sugar, and fish. Note that the phrase is "somewhat larger", and do not anticipate material increases in the amounts of such foods as fats and sugar, which the homemaker has missed particularly. In commenting on these items specifically, the BAE says that some moderate improvement in the tight fats and oils situation is forecast for next year. Less lard will be exported, and butter output is likely to be somewhat higher. As for sugar, this will continue short throughout 1947, but supplies may be expected to improve over 1946 in the latter part of the year.

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#### PREVIEW OF VEGETABLES...

Have you any idea of the quantity of vegetables each of us is eating, on the average, this year? The figure given in the 1947 Vegetable Outlook of the U. S. Department of Agriculture's Bureau of Agricultural Economics is 276 pounds, which is a big increase over the pre-war yearly average of 235 pounds. The forecast for next year indicates that supplies of fresh vegetables are likely to be somewhat smaller than the records of this year, but still definitely plentiful. Prices in 1947 probably will be below the former ceilings, though considerably above pre-war levels.

Large supplies of canned and frozen vegetables will move into distribution from this year's record packs. And here are some more of those per capita figures applying to processed vegetables. We'll have from 44 to 46 pounds apiece of canned vegetables, on the average, and somewhat more than 2 pounds of frozen vegetables per person.

\* \* \*

## FRUIT FOR THE PRESENT...

Fruit plays an important role on the menu these sugar-scarce days, so the supply line-up is very encouraging.

On the market you'll find pears, the last of the Bartletts, first of the Bose variety, and some Anjous....apples (an average crop, but three-fourths more than the low of 1945)...cranberries (20% more than last year and far above average)...grapes, Tokays from California and Concords from New York, Michigan and Ohio...grapefruit from Florida, and soon some from Texas...oranges, chiefly from California...dried peaches, and canned citrus juices.

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## NUT NEWS...

Almonds and filberts are making the headlines in news about nuts this year. Domestic production of almonds will be around seventy million pounds, in the shell, compared with the previous record last year of less than fifty million pounds. Filberts, in the shell, are coming along to the tune of almost twenty million pounds, a considerable increase over the previous record in 1943.

Walnuts will be in evidence to the extent of over one hundred and forty million pounds, which is only a little less than the record crop of '43. The only domestic tree nut crop that is substantially less this year is pecans...over a fourth smaller than in 1945.

The greaterpart of these four varieties will be sold...after they're shelled...to confectioners, ice cream manufacturers, and the baking trade. Less than one-fifth of the nuts will be sold to the homemaker, whether she purchases them in the shell or in kernel form. We don't seem to mind taking most of our home supply of walnuts in the shell, but it's a different story with almonds. Probably less than a third of these are bought in the shell. The improved varieties of pecans ...the large type usually grown in commerical orchards...are commonly marketed in shells. The seedling type pecan, which grows wild along river bottoms in Texas, Oklahoma and other southwestern states, are all shelled commercially.

None of the domestic tree nuts are now under price control. Wholesale prices on almonds, filberts and cashews from India, so far, are considerably lower than last year. Because of the large crops of almonds and filberts, many nut mixers are now using more of these varieties in mixed nut packages.

Total tree nut supplies, both domestic and imports, computed on kernel basis, will be about the same this year as last. Most other nuts will be in adequate supply, as in recent years.

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There's another important member of the nut family to consider...and according to statistics, it's the most popular one...the peanut. If the present estimate of the peanut crop is realized, this will be the fifth consecutive year in which production has been more than two million pounds. It appears very likely, therefore, that each of us can eat more than last year's average of six pounds of shelled peanuts per person, if we like.

\* \* \*

#### POSTSCRIPT CONCERNING PEANUTS...

The history of peanuts extends into various parts of the world...the name itself, incidentally, is derived from two Greek words meaning "weed" and "under". Traces of peanuts have been found in the Aztec urns in Peru. Drawings of peanuts appear in ancient Egyptian tombs. They're reported to have been an important article of food in Africa before the 17th Century, and were the chief food of captives on slave ships.

Although peanuts are classed as nuts, they're really members of the legume family. If you've ever eaten them raw, you know they taste much like raw beans. The seed or fruit matures underground, and botanically, it bears no relation to the true nut. The peanut plant bears long shoots or "pegs". These pegs burrow underground, and there the pods grow on the end of the peg. Each pod contains from one to three delicious kernels. They're especially delicious after being roasted and salted, or blanched, ground and made into peanut butter or, combined with some other food in a tasty hot dish.

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#### NUTS IN THE MAIN COURSE...

Here are some ideas about using nuts in cooking...not only as a means of adding flavor to food, but as a source of valuable nutrition. Many women probably realize that nuts furnish a good deal of fat...from about 35% to over 70%...but it's well to remember that they supply protein, too. In protein value, nuts range from less than 5% to over 25%. A nut loaf can be used occasionally as the main course at dinner, and nuts can be added to certain other dishes to step up their food value. For instance, the mild-flavored nuts, especially blanched almonds, are fine in creamed fish, such as crab, tuna and shrimp...or in creamed chicken or sweetbreads. And nuts added to poultry stuffing will bring calls for seconds from every member of the family.

The following two recipes from U.S. Department of Agriculture's food specialists illustrate the use of nuts in combination with other foods for a loaf. They can be varied to fit supplies on hand, or to feature different seasonings.

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### PEANUT AND CARROT LOAF

2 cups roasted peanuts, chopped	1 cup dry bread crumbs
2 cups chopped carrots	$\frac{1}{2}$ cup finely chopped parsley
2 tablespoons fat	$1\frac{1}{2}$ teaspoons salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ cups cooked tomato juice and pulp	

Make a thick sauce with the fat, flour and tomatoes, mix well with the other ingredients, and form into a loaf. Pack tightly in a well-greased loaf pan lined with paper, and bake in a moderately hot oven (375-400 degrees F.) for one hour.

### PECAN AND RICE LOAF

2 cups pecans, chopped	$\frac{1}{2}$ cup fine cut celery
2 cups cooked rice	1 cup dry bread crumbs
2 tablespoons melted fat	1 egg, beaten
$\frac{1}{4}$ cup chopped green pepper	$1\frac{1}{2}$ teaspoons salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 cup milk	

Combine the ingredients and bake in the same way as the peanut and carrot loaf. This is very good served with brown sauce seasoned with chopped parsley.

The following recipe for poultry stuffing is a good one. It gives a different touch to the chicken dinner appearing on many tables pretty frequently these days. For this blanched almonds, pecans, walnuts or cooked chestnuts are suggested. Here are the proportions:

$\frac{1}{2}$ to 1 cup of chopped nuts	3 tablespoons melted fat
1 tablespoon finely chopped onion	$2\frac{1}{2}$ cups soft bread crumbs
2 or 3 sprigs chopped parsley	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cut celery	$\frac{1}{8}$ teaspoon pepper

Savory seasoning, if desired

Cook onion, parsley and celery in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed and hot. Add the nuts just before stuffing the fowl.

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### OCTOBER 1 CROP REPORT...

The greatest volume of crop production in history is now being realized, according to the October 1 crop report, released recently by the U. S. Department of Agriculture's Bureau of Agricultural Economics. Previous prospects for most crops were maintained or improved during September. The record 1946 corn crop is maturing with little frost damage, and good quality is assured. Estimates for most crops are slightly higher than last month, with cotton as the principal exception.

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There's an addition to the all-time record group this month...potatoes. The other crops in this group are corn, wheat, tobacco, peaches, pears, plums and truck crops. Oats, rice and peanuts moved a step nearer the record. Grapes, cherries and sugarcane are also in the near-record class. During September flaxseed, sorghum grain, buckwheat, sweet-potatoes, and apples joined the average or better-than-average group which includes hay, soybeans, dry peas, prunes, apricots, hops and sugar beets.

On the darker side of the picture...the prospects for cotton production have dropped to the lowest level in twenty-five years. Several other crops are below-average...rye, broomcorn, dry beans and pecans. And even though prospects for soybeans, flaxseed and peanuts increased during September, the oil crops as a group remained at a lower level than last year.

Milk production in September was about 2% below the record total of September 1945. However, there are 4% fewer cows.

One piece of good news for the meal planner concerns the abundant supply of fresh vegetables in prospect for the fall months. BAE reports that production for the year will top that of any previous year.

\* \* \*

#### INTERNATIONAL EATING...

United Nations Week is here -- October 20 to 26. To salute the Week, schools, forums and radio programs have made elaborate plans, but the homemaker can join the celebration right at her own dinner table. With fifty-one nations represented, the housewife should have no trouble choosing an international dish for practically every night in the week. And since many of our friends around the world employ onions, cabbage, and potatoes in their favorite dishes, we here in the Northeast can take full advantage of these plentiful.

The French use onions in a tempting way in their soupe a l'oignon. The Turkish shish-kabob combines the flavor of onions and meat. Onions in everything--or very nearly--is a Chinese cooking custom. The chop suey and chow mein, as served in American-Chinese restaurants, are only samples. Quick cooking in very little water is the way the Chinese prepare their verchoy -- cabbage to you--just as they prepare most vegetables for vitamin thrift. Blending meat and onions with cabbage gives a variety of flavors.

Cabbage goes Russian very easily in the famous borsch which is just as often made with cabbage as with beets.

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French cooks use cabbage with versatility, too. One of their favorite dishes is chou marronne, containing cabbage, chestnuts, and weiners. This dish is said to have been invented or brought to France by Catherine de Medici from her native Italy. Another French cabbage dish is chou a la flamande -- made sometimes with wine and sometimes with vinegar.

The hulupchas of the Ukraine combine cabbage and potatoes-- and some buckwheat.

The Danes have a stuffed cabbage dish--Kaaldolmer, which is easy to fix. Large cabbage leaves are taken off the head, filled with sausage meat, tied up and boiled. The rest of the cabbage is boiled, baked in melted butter or fortified margarine and sugar, and served with the stuffed leaves.

Whether your taste favors occidental or oriental type dishes, treat your family to some cosmopolitan eating during United Nations Week.

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#### FEATURE THESE

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U. S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

#### BALTIMORE

Apples	Onions
Cabbage	Peppers
Cauliflower	Potatoes
Celery	Snap beans
Lettuce	Sweetpotatoes
Lima beans	Tomatoes

#### BOSTON

Beets	Lettuce
Cabbage	Onions
Carrots	Parsley
Cauliflower	Parsnips
Celery	Peppers
Chicory	Potatoes
Eggplant	Radishes
Escarole	Scallions
	Spinach

#### NEW YORK

Apples	Tomatoes
Broccoli	
Brussels sprouts	
Cabbage	
Cauliflower	
Celery	
Onions	
Peppers	
Potatoes	
Spinach	
Sweetpotatoes	

#### PHILADELPHIA

Apples	Potatoes
Beets	Spinach
Broccoli	
Cabbage	
Carrots	
Cauliflower	
Celery	
Lima beans	
Onions	
Parsnips	
Peppers	

#### PITTSBURGH

Apples
Cabbage
Cauliflower
Celery
Onions
Potatoes
Spinach

#### WASHINGTON

Apples	Greens
Avocados	Lemons
Beets	Lima beans
Broccoli	Lines
Cabbage	Onions
Cauliflower	Peppers
Celery	Potatoes
Chicory	Snap beans
Eggplant	Sweet
Escarole	potatoes
Grapes	Tomatoes
Grapefruit	Turnips

Northeast Edition



# Radio Round-up

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October 25, 1946

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## ATTENTION ON APPLES...

It's probably no coincidence that National Apple Week (October 26 to November 2, inclusive) is also Hallowe'en Week, because apples always have been an important feature of this celebration, in both games and refreshments. It's particularly appropriate to celebrate this year's apple crop too, because it promises to be plentiful...some one hundred twenty million bushels, compared with only sixty-eight million last year.

### NOTE TO BROADCASTER

RADIO ROUND-UP already has given you some apple information...(see "Apple Prospectus" August 23, and "Apple Appeal" September 6)...but here are a few more ideas you may like to pass along to your listeners.

U. S. Department of Agriculture's food specialists warn that you should be sparing with water when you're cooking apples, because this fruit naturally has plenty of water. When you're making applesauce or baked apples, use just enough water to keep the fruit from sticking and scorching. You won't need any water for scalloped apples, pie or apple Betty.

And remember that while spices blend well with the flavor of apple dishes, they should be used carefully, so that they won't steal the taste spotlight. A pinch of salt is a help... so is a sprinkling of nutmeg or cinnamon. However, nutmeg should be added to applesauce just before serving; otherwise it may develop a bitter flavor.

Another fine feature of apples, especially appreciated in these sugar-short days, is that on an average, they're about 10 percent sugar. Varieties differ, of course, but many kinds of apples need very little sweetening when they're cooked. As for corn sirup, molasses or honey...when you can get them, they can be used for sweetening in the same quantity as sugar. When you're baking apples, try this trick...stuff the centers with raisins or dates. Their natural sweetness, added to that of the apple, will cut down considerably on the amount of sugar necessary for sweetening.

There are three different types of apple on the market... the dessert apple, good for eating out of hand, but not so satisfactory for baking and cooking...the baking apple...and the apple that's perfect for pies and sauce. And, as you may know, there are several varieties that fit into all categories... general-purpose apples, they might be called. Some of these are the Jonathan, Grimes Golden and the Wealthy, (all three in their prime right now)...the Stayman, McIntosh, Spitzenburg, Northern Spy, Wagener and Baldwin.

Among the apples that are specially good for baking, because they keep their figures nicely, are the Rome Beauty, Stayman,

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Golden Delicious, Northern Spy, Baldwin, the Arkansas Black and the Black Twig. For apple sauce and pie, fruit that will cook tender in a short time are ideal. Among these varieties are the York Imperial, Rhode Island Greening, Northwestern Greening, Arkansas Black, the Stark, and...again...the Stayman. As for that first type we mentioned, the dessert apple...the Delicious is typical of this variety.

Whatever the variety, and whether you serve it "as is" or cooked...these are the days to make the most of the appealing apple. It certainly belongs at the top of anybody's shopping list, alphabetically and otherwise.

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### SCHOOL LUNCH SALUTE...

The first National School Lunch Conference met in Washington early this week (October 22-23). Purpose of this meeting, attended by State and Federal leaders in agriculture, public health and education, was to provide more uniform school lunch operations in the forty-eight States and Territories...and to evolve recommendations that would enable long-term planning for the program.

Before June of this year, school lunches were operated on a year-to-year basis. This program has been renewed by the Congress each year since 1935. Now, with the passage of the National School Lunch Act, school lunches have a permanent hold on life. They are part of the lasting legislation of the land. For on June 4 of this year, the President signed the Act, in recognition of the fact that good health is an obligation of the Nation to its young.

Paul Stark of the Production and Marketing Administration was chairman of the conference. He opened the meeting with a statement from President Truman: "Nothing is more important in our national life," said the President, "than the welfare of our children, and proper nourishment comes first in attaining this welfare...Even in this first year of operation under the new permanent legislation, nearly eight million boys and girls are expected to receive the benefit of school lunches. This is a splendid start, but we must look forward to the day when the lunches are available in every community in every State and Territory."

Speakers at the conference included N. E. Dodd, Under Secretary of Agriculture; Robert Shields, PMA Administrator; Dr. E. B. Norton, U. S. Office of Education; Dr. Thomas Parran, Surgeon General, U.S. Public Health Service; Father William J. Gibbons, S.J., Associate Editor, America, the National Catholic Weekly; and Dr. Hazel Stiebling, Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture.

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Mr. Dodd gave an account of conditions in Europe... presenting a grim, firsthand picture of malnutrition verging on starvation. He said that during his recent visit to seventeen countries, he saw thousands upon thousands of hungry people who fitted the expression "ill fed, ill clad, and ill housed." Then he turned to the American scene, and said that school lunches are a recognition of social progress. Besides providing an expanded market for the American farmer, they help build better citizens. He closed his humanitarian remarks by saying: "The well nursihed child stands ready to understand and absorb the meaning of our American tradition of freedom and democracy."

Dr. Norton, speaking for the educators, stressed the tremendous, "fearful" responsibility of the school lunch administrator in the program. He spoke from experience...for, as he said: "I have tried to teach hungry children."

Dr. Parran referred to the National School Lunch Act as one of the most important health laws of our time. "The school lunch can supply one-half of the child's daily food needs. It can train him in proper food habits. By adding nutrition... it helps to develop the healthful body, the free mind."

The Surgeon General of the United States said to the leaders of agriculture, education and public health that the objective of the School Lunch Program is a sound mind in a sound body... that it will train our school children to accept democracy in the kind of world we want. Moreover, the program is in line with the basic American urge for something better. We are no longer satisfied with two chickens in every pot, but want at least a hog and half a beef in every deep freeze...as a commentator recently said. "May we set our sights for the well being of our children equally high," said Dr. Parran, "and strive with equal vigor to reach them."

Dr. Hazel Stiebling pointed out that the school lunch is a potential socializing as well as nutritional instrument. Efforts must be made to mould the right attitude toward new foods, a well-balanced meal and the clean platter. Furthermore, there must be careful planning to make sure that the foods served in various communities supplement local deficiencies. This is to say that the ideal school lunch program exists within the nutritional program...but emphasizes the foods that are lacking in the home meal.

The opening gun for the permanent school lunch program was a sustained, healthy boom. The obligation of Congress to its school children is well on the way to fulfillment.

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### LOOK FOR THE GRADE...

Now that there are no price controls on meat, the Office of Economic Stabilization has lifted the regulation that all meat be graded.

During the war, in order to enforce price ceilings, the OPA required that all beef, veal, lamb and mutton be graded in accordance with Federal standards set up by the U. S. Department of Agriculture. This meant that prices could be established according to quality. Because there was less variation in the quality of pork, the prices on this meat were determined on the basis of the cut or the weight.

The grades you probably saw most frequently...such as, "U. S. Choice", "Good", "Commerical" or "Utility"...were stamped on the meat by the U. S. Department of Agriculture. These grade names...marked in purple ink on each cut...could be used if they were applied by Federal meat graders. In some small plants where it was impractical to have a Federal grader assigned, the OPA made a provision that these plants could grade their own meat...but in accordance with the same standards used by Federal graders. Slaughterers doing their own grading were required to use the Double A, A, B or C letter grades on their meat instead of the name terms. These letter designations are no longer in effect.

The Federal grading service of the U. S. Department of Agriculture is still available to packers as it was before the war. But since Federal grading is now optional, it's up to each packing plant to decide whether or not it will have the service. Of course, meat that passes over state lines must be Federally inspected...that is okayed as to wholesomeness; it's just the grading for quality that is no longer mandatory. However, Federally graded meat is still on the market and homemakers can ask for it. Probably in this interim period when there is a mad scramble for meat, supplies will be purchased because they're available rather than for their relative merit. But as stocks more nearly equal demand, the homemaker who is looking for uniform quality will find Federal grades a most dependable guide.

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### SPICE ALLOCATIONS END...

Pepper from India and mace and nutmeg from the West Indies are no longer under allocation. Because sources of spice that were available during the war are now opening up, and because it is believed supplies will be ample to fill world requirements, the International Emergency Food Council has decided to discontinue allocations on these two spices. Now no spice remains under international allocation recommendation.

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OIL ORDERS REVOKED...

The U.S. Department of Agriculture has revoked all its orders that controlled vegetable fats and oils and lard...with the exception of an order on the purchase, sale and use of 1945 crop peanuts and an order governing oil imports and all export allocations.

The cancellation of orders does not mean fats and oils are in any better supply. Rather, the lifting of price ceilings on edible oils has made it impracticable to attempt further regulation.

There are, therefore, no controls on the distribution and use of cottonseed, peanut, soybean and corn oils. Manufacturers can use any amount of these oils they can purchase for edible oil products, for protective coatings, floor coverings and soap. While the orders were in effect, the limited supplies of fats and oils were allotted to food and industrial manufacturers on a percentage basis. Now all manufacturers can operate on a competitive basis.

The regulation on 1945 crop peanuts is maintained because many shellers have contracts with the U. S. Department of Agriculture's Commodity Credit Corporation for crushing these peanuts, and legal difficulties might arise if the order were cancelled at this time.

Fats and oils are still in short supply. That's one reason why the Department of Agriculture is asking farmers for another year of full production of animal fats and vegetable oils.

The revocation of the control orders will not end the need for salvaging kitchen fats. Inedible fats for industrial use and soap production are still scarce--mighty scarce. Every pound of salvaged household fats turned in, adds another pound to the national supply.

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POSSIBLE SUGAR STAMP EXTENSION...

NOTE TO BROADCASTER:

The following story is entirely background material:

By the time you are reading this, it's possible that an extension of the time limit on canning sugar stamps, Spare Stamps 9 and 10, may have been granted by OPA. They're due to expire October 31st, you know, and news that a reprieve was under consideration leaked out this week. On checking with OPA, we were told the matter has been pending for some time, and the decision is expected daily. OPA recognizes that spotty distribution of sugar, due to transportation difficulties, the boxcar shortage, maritime strikes, and so forth, has made it impossible for homemakers in many parts of the country to

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make use of these stamps.

We suggest that you watch for this announcement, in event it hasn't already been made.

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### OUTLOOK HIGHLIGHTS...

The 24th Annual Outlook Conference took place a few weeks ago at the U. S. Department of Agriculture in Washington. All forty-eight States and Puerto Rico were represented. The discussions covered the international situation, the domestic situation, the agricultural situation, farm markets, the nutrition outlook, and rural family living outlook.

#### NOTE TO BROADCASTER:

We gave you a little information about the Conference in the October 11 issue of RADIO ROUND-UP, and also listed the names of several of the outstanding speakers.

Here, for the record, is a brief resume of the highlights of the Conference:

World Food Situation: The carryover of supplies is unusually low. Nutrition levels in most countries are below prewar, and far below desirable levels. Production of food has improved, but is still below prewar. Financing for export probably will be adequate.

National Situation -- Supply and Demand: Production of most items is expected to catch up with demand in 1947... automobiles and housing are the notable exceptions. The consequent shift away from sellers' markets, along with filled pipelines, will require adjustments and probably will result in decreased income payments and more unemployment late in 1947. Even at the expected lower levels, business activity and national incomes will be far above prewar.

Agriculture: Markets for most farm commodities will remain good, but will be affected late in the year by adjustments taking place in business as a whole. Potatoes and some types of tobacco are the most likely trouble spots, but prices of most commodities will reflect the decreases in demand expected late in 1947. Meat, dairy products and poultry are likely to be affected less by price declines than grains, vegetables, fruits and minor field crops.

Rural Family Living: High incomes in 1946, accumulated funds, relative freedom from debt...all point to large family spending in 1947.

\* \* \*

# THE NUT GAME...

Now that more nuts are appearing on the market, comes the problem of whether to buy them in shell or out. Sometimes it's just a matter of convenience, and sometimes a question of price. If you know the approximate quantity you need to buy in the shell to get a pound of nut kernels, you can tell whether it's worth the saving in time and effort to buy them already shelled. Here's a table that will help you to figure out this problem if and when it arises.

Approximately the following quantity of unshelled nuts is required to make 1 pound of kernels:

<u>Variety</u>	<u>Pounds</u>
Almonds.....	1 $\frac{3}{4}$ - 2 $\frac{1}{4}$
Brazil nuts.....	2
Chestnuts.....	1 $\frac{1}{4}$
Filberts.....	2 $\frac{1}{4}$
Peanuts.....	1 $\frac{1}{2}$
Pecans.....	1 $\frac{3}{4}$ - 2 $\frac{1}{2}$
Walnuts (English).	2 - 2 $\frac{1}{4}$

\* \* \*

## FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U. S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

### BALTIMORE

Apples  
Beets  
Cabbages  
Cauliflower  
Celery  
Grapefruit  
Lettuce  
Onions  
Oranges  
Potatoes  
Tomatoes  
Turnips

### BOSTON

Cabbage Peppers  
Carrots Potatoes  
Cauliflower  
Celery Pumpkins  
Chicory Radishes  
Escarole Scallions  
Hubbard squash  
Lettuce Spinach  
Onions Turnips  
Parsley  
Parsnips

### NEW YORK

Apples Potatoes  
Beets Snap beans  
Broccoli Spinach  
Brussels sprouts  
Cabbage Sweetpot-  
Caulifloweratoes  
Celery Tomatoes  
Lettuce Turnips  
Mushrooms  
Onions  
Peppers

### PHILADELPHIA

Apples Celery  
Beets Onions  
Broccoli Peppers  
Cabbage Potatoes  
Carrots Spinach  
Cauliflower

### PITTSBURGH

Apples  
Cabbage  
Cauliflower  
Celery  
Onions  
Potatoes  
Turnips

### WASHINGTON

Apples  
Onions  
Potatoes  
Sweetpotatoes

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**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

November 1, 1946

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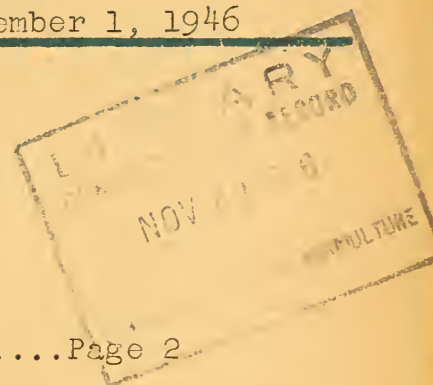
### FEATURE THESE

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.



## WAR FOOD ORDERS MAKING EXIT...

The aim of the United States food program during the war was to support our armed forces and civilians, and contribute to the needs of our Allies and the liberated peoples. To assure fair distribution of available food, the U. S. Department of Agriculture issued war food orders. They were really a form of rationing, only instead of being applied at the retail level... they were enforced at the production or distribution level. One hundred and seventy orders have been issued since the beginning of the war. Now only twenty-four of them are still in effect. The few that remain are necessary because they deal with foods that are scarce, such as sugar and rice; or they regulate certain food imports; or assure that items will be made available to meet our Government's military or export commitments.

### NOTE TO BROADCASTER:

In last week's Radio Round-up, we mentioned that all food orders on vegetable fats and oils and lard were removed, with the exception of the order on 1945 crop peanuts.

One of the recently cancelled orders of interest to consumers was War Food Order No. 1. As you know, this order provided for enrichment of all commercially baked white bread; banned consignment selling of bread; restricted the number of varieties of bread and rolls; and since June required a 10 percent reduction in the weight of bread and rolls.

Before this order went into effect, about 70 percent of our commercially baked white bread was enriched. Though enrichment is no longer a Federal law, it's expected that many bakers and millers will voluntarily enrich their products. At present nineteen states have legislation requiring bread enrichment.

### NOTE TO BROADCASTER:

Now is a good time for broadcasters to point out to their listeners the importance of reading bread and flour labels for this assurance of enrichment. Also, point out that loaves should be bigger.

The only food orders now in effect on our wheat supplies are those that prohibit this grain for use in distilled liquors, or limit the quantity or quality of wheat that may be used in livestock or malted beverages. Also in effect is the restriction that limits the manufacture of flour for domestic distribution to 85 percent of the amount made on a monthly basis last year. These measures are needed to conserve wheat and flour for domestic use and for export.

\* \* \*

### A TIP ON TURKEYS...

It isn't too early to start thinking about Thanksgiving, and about the turkey which will be the star of the Thanksgiving show on November 28th. The experts from the U. S. Department of Agriculture's Production and Marketing Administration, men who have the opportunity of checking the quality of turkeys from all parts of the country, tell us that the surest way to get a good gobbler is to buy a graded turkey.

If a bird has been graded by licensed U. S. Graders, it will be marked A, B, or C...and in any grade, you can be sure it's perfectly wholesome. When the butcher asks whether you're going to want a turkey for Thanksgiving, it's a good time to tell him you want a graded turkey. When delivery time comes, you can check on the grade by looking for a grade tag on the turkey itself, or for the grade name on the box in which it was packed. Usually the tags are fastened into the web of the wing. On one side of the tag the grade is shown, and on the other side, the State from which the bird came. Sometimes the name of the shipping organization appears on a supplementary tag.

In brief...plan to order a graded bird...and then check the tag on the turkey, or mark on the box, to be sure you get what you order.

\* \* \*

### 4-H CLUB HEADLINES...

These are big days for the 4-H Clubs of the United States.... the week of November 2-10 is Achievement Week, and the period from December 1-5 will mark the 25th National 4-H Club Congress meeting in Chicago. In this first year of 4-H Club accomplishments since the end of the war, the production and conservation of food have been stressed, and during Achievement Week, the public will learn about the work these boys and girls have been doing. There are 75,000 4-H Clubs across the country, with a membership of more than a million and a half.

As you may remember from other years, at the Congress in December, a number of project competitions are held...the national Health Champions are chosen...and prizes are awarded by various civic and business groups. From all we've heard, this year's Congress promises to be extremely interesting.

#### NOTE TO BROADCASTER:

The following is entirely background material.

Through the club in your own community, you can probably arrange for an interview with one of the members, which might well be a very interesting program feature for Achievement Week.

(more)

How would you directors of women's radio programs like to have a transcription made at the Congress especially for use on your program? It might be an interview with one or more of the contest winners from your own State. The cost of records would be \$10 for one side, plus shipping charges, and \$19.50 for two sides...12 to 14 minutes on each side. If shorter cuts are desired, we can put two on a side. The platters could be air-expressed immediately after cutting.

It will be necessary that we have your request not later than November 25th in order to make the necessary arrangements for these transcriptions. This should be in the form of an official order, including definite directions on length of cuttings, the participants, and shipping instructions. Please mail your order to Kenneth Gapen, Chief of Radio Service, U. S. Department of Agriculture, Washington 25, D. C. Remember... November 25th is the deadline.

For more information about the Congress, and about the boys and girls from your State, you can make inquiry of the State Extension Correspondent whose name and address follows:

Harold Baldwin, Editor, University of Connecticut, Storrs, Conn.

John E. Lafferty, Extension Editor, College of Agriculture,  
University of Delaware, Newark, Del.

Clarence A. Day, Extension Editor, College of Agriculture,  
University of Maine, Orono, Me.

A. H. Snyder, Editor, University of Maryland, College Park, Md.

G. O. Oleson, Extension Editor, Massachusetts State College,  
Amherst, Mass.

Francis E. Robinson, University Editor, University of New  
Hampshire, Durham, N.H.

Sam H. Reck, Jr., Extension Editor, State College of Agriculture  
and Mechanic Arts of Rutgers University, New  
Brunswick, N.J.

William B. Ward, Head, Department of Extension Teaching and  
Information, State College of Agriculture,  
Cornell University, Ithaca, N. Y.

Edwin H. Rohrbeck, Agricultural Editor, Pennsylvania State College,  
State College, Pa.

H. M. Hofford, Extension Editor, Rhode Island State College,  
Kingston, R. I.

John W. Spaven, Extension Editor, College of Agriculture,  
University of Vermont, Burlington, Vt.

Edward Woodward, Extension Editor, College of Agriculture, West  
Virginia University, Morgantown, W. Va.

NEW APPLIANCES CAST THEIR SHADOW...

At the Outlook Conference held in Washington in October, one of the most interesting discussions (from the standpoint of the homemaker, that is), concerned the outlook of household appliances. The report was made by two of the U. S. Department of Agriculture's household equipment specialists from the Beltsville Research Center. They had just returned from a swing around the country... visiting fifteen or more manufacturers, and asking a lot of questions. First of all, they warned that production is from six months to a year behind schedule, though producers are doing everything possible to get materials and speed up production. They found that many firms which make both large and small appliances are diverting certain essential materials, such as copper, say...from small items like fans and food mixers to the more important stoves, refrigerators, washers and so forth.

Here, briefly, is a summary of their comments, by individual items:

Washers: The conventional, non-automatic type washers are the same as the prewar models. The new styles coming on the market are all in automatic style. Top opening seems to be more popular than the side opening, so that's being used more in new models. Among the few special features is one style combining a clothes washer with a dish washer; this has two interchangeable tubs. It is not the fully automatic style, by the way. Then there's one with an automatic cut-off that operates when the lid is raised. Another has interior light.

Portable washers are being made, too, and these are recommended for auxiliary use for the smaller garments, especially in families where there's a baby.

Ironers: The new ironers are little different from the old styles...both the flat and the roller types are being shown. Incidentally, the roller type is being made in a portable style also.

Flat Irons: The cordless iron is the newest kind. Its wattage is higher than ordinary irons and is heated by the platform on which the iron stands...the cord being attached to the platform. The manufacturer says the heat remains reasonably constant because of the frequent replacement of the iron on the stand. The main advantage is the elimination of the dragging cord from the iron.

There's something new in steam irons...though these have been on the market for some time, as you know. The new style can be used with or without water, for steaming or regular ironing.

Driers: One new drier has forced hot air circulation and temperature control; it tumbles the clothes dry.

(more)

Ranges: These, too, are much the same in style as prewar models. Nearly all ranges have three top units and well-cooker, in various arrangements. There is a new twist in connection with the well-cooker of one range...the heating element can be raised from under the cooker to the top of the range, to be used the same as the others. Every stove manufacturer seems to be trying to make good use of all non-cooking space, turning it into work area, or storage space.

Refrigerators: Most of the new refrigerators follow the old styles, largely because of the difficulty in getting new dies. Most boxes now have ice cube compartment at one side rather than in the center, thus providing more usable storage space. Eventually there will be boxes with two temperatures which will provide for storing frozen food in refrigerator.

Home Freezers: Many styles of home freezers are being made, both chest and upright. USDA experts warn that the market will be flooded eventually, and it's doubtful whether all of them will stand up against competition. Therefore, some makers are bound to go out of business, leaving "orphan" freezers around.

Vacuum cleaners: Many new vacuum cleaners are much lighter in weight. One style has an arrangement by which dirt is deposited in water, which can be emptied into toilet or cellar drains. There are several types made without the conventional bag, and manufacturers advertise that dirt won't blow back into the air.

Toasters: Newest thing is plastic toaster, which comes in various colors.

Hot Plates, Mixers, Electric Fans: Not much new in these, and supplies are rather scarce.

Pressure Saucepans: Supplies are better on these than on many other items, because about 40% of the aluminum going into utensils is being used for pressure saucepans.

The conclusion is that householders should be encouraged to continue taking good care of household appliances, because it will be at least another six months, maybe longer, before they'll be available in any quantity.

\* \* \*

#### LEATHER, FUR AND FELT MAKE-OVERS...

Making a silk purse out of a sow's ear actually doesn't seem like such a hard task after looking over the new sixteen page bulletin just issued by the U. S. Department of Agriculture's Bureau of Human Nutrition and Home Economics. It's called "Make-overs from Leather, Fur and Felt: (M.P. #614) and it's full of fine ideas for making something from practically nothing. Not only will it help any family stay within its clothing budget by conserving materials which are comparatively expensive to buy...

(more

but it may also help to answer some of the Christmas gift questions we'll be asking ourselves very soon.

The clothing specialist who did this research points out that many of these materials are no more difficult to handle than cloth. Often, however, we tuck them away in the attic, or leave them hanging in closets for years, because we're not quite sure what to do with them. This booklet explains how leather articles that are only slightly worn or faded can be restored and used for a longer time. Or they can be ripped apart, cleaned, dyed or polished, and made into something usable such as slippers, belts, change purses, or bindings and trimmings on gloves, mittens, jackets or play coats.

Instructions are given for cleaning and glazing fur at home...and for dyeing, cutting, sewing and finishing fur to make such articles as mittens, slippers, caps and trimmings from pieces no longer usable in their original form.

As for felt, a great many attractive and useful things can be made from fur or wool felt...bags, belts, gloves, slippers, suspenders, and trimmings of various kinds. The bulletin also points out that very often discarded felt hats have been worn so little they can be renovated easily....full directions for doing this are given.

A number of the interesting articles pictured in the bulletin were shown in an exhibition of clothing make-overs at the Department of Agriculture in Washington recently. Visitors said it furnished them with a real incentive to go home and search through the house for the wherewithal to make such effective accessories. On display were a girl's weskit and cap, made from an old brown and white checked wool coat, and bound with brown suede from a discarded handbag...a boy's vest, cap and mitten set, cut from an old leather jacket.... a good-looking tailored handbag, made from a worn black leather briefcase....a novelty belt from a pair of braided leather suspenders....a pair of clever mittens made from a black persian lamb collar and a bright red felt hat.

NOTE TO BROADCASTER:

Now, while many materials are still rather scarce, and prices high, is a good time for you to pass along information of this kind to your listeners. You can tell them to request the bulletin by name or number, directly from Radio Agriculture, Washington 25, D. C. There's no charge, of course.

FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U. S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

BALTIMORE

Apples  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Grapefruit  
Lettuce  
Lima beans  
Onions  
Oranges  
Peppers  
Potatoes  
Snap beans  
Squash  
Potatoes  
Tomatoes  
Turnips

BOSTON

Cabbage  
Carrots  
Cauliflower  
Celery  
Hubbard squash  
Lettuce  
Onions  
Oranges  
Parsnips  
Peppers  
Potatoes  
Radishes  
Spinach  
Turnips

NEW YORK

Apples  
Beets  
Broccoli  
Brussels  
    sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Endives  
Escarole  
Grapes  
Lettuce  
Mushrooms  
Onions  
Parsley  
Parsnips  
Potatoes  
Spinach  
Sweet  
    potatoes  
Tomatoes  
Turnips

PHILADELPHIA

Apples  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Onions  
Potatoes  
Spinach  
Sweet potatoes

PITTSBURGH

Apples  
Celery  
Grapes  
Lettuce  
Onions  
Pears  
Potatoes  
Sweet potatoes  
Tomatoes

WASHINGTON

Apples  
Cabbage  
Onions  
Peppers  
Potatoes  
Sweet  
    potatoes

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**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

November 15, 1946

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.

## SWEETPOTATO SUGGESTIONS...

The sweetpotato fits into the mealtime picture particularly well at this time of year, especially at Thanksgiving, the traditional American holiday. As you may know, the sweetpotato is actually an Early American, found here by Columbus, who carried it back to Europe as a proof of the wonders of the new world.

This is the time of year when plenty of sweets are in the markets, so it's a good time to say a few words about them and pass along a few cooking suggestions from the food specialists of the U. S. Department of Agriculture. They say, by the way, to remember that sweetpotatoes are not particularly good keepers in the home pantry, so it's best to buy them in small lots and use them promptly. Families which grow their own should use up the early crop first and store the late varieties, since these keep better. Provide a dry storage place....not too hot and not too cold....about 55 to 60 degrees is the right temperature. Sweetpotatoes should be sorted and handled carefully, as they're easily bruised.

Valuable Food: The golden sweetpotato is a prize package of food values. It's a rich source of vitamin A, also provides worthwhile quantities of vitamin C, and small amounts of the B vitamins and minerals. It provides more food energy than the white potato...a medium-sized sweet gives about 150 calories to the white potato's 100.

Cooking Comment: Cook sweetpotatoes in their jackets. The thin skin of the cooked sweet is easy to remove, and it takes less of the goodness with it. As you know, most recipes for their preparation call for their being cooked first, anyway. If you do peel them first, peel the skin very thin, just before using, and place the pared potatoes in salted water, to keep them from darkening.

Serving Suggestions: Candied sweets are popular with a great many people, and now while sugar is short, here's a recipe which calls only for corn sirup or honey. For six servings, take six medium-sized cooked sweetpotatoes, slice or cut them in halves and arrange in a shallow greased baking dish. Dot each layer with fat and sprinkle with salt. Pour over the top a cup of corn sirup or honey; bake in a moderate oven over 15 to 20 minutes, basting frequently with the sirup. Sweetpotatoes can be candied in a frying pan on top of the stove, if you prefer. Low heat should be used, so that they won't scorch.

Glazed sweetpotatoes aren't quite as sweet, and here's an easy way of preparing them. Honey, corn or maple sirup, or molasses may be used. In preparing these, the potatoes should be pared first, cut in half, and dropped into just enough boiling salted water to cover them. For each potato, add 1 to 2 tablespoons of the desired sweetening, plus 1 teaspoon of table fat. Cover and boil until the potatoes are tender. If the liquid hasn't cooked down enough by the time they're tender, remove the cover and boil rapidly until a sirup

(more)

is formed. Baste the potatoes occasionally with the sirup.

If only the natural sweetness of the potato is desired, here's an interesting way of serving them...roasted sweetpotatoes. Place the peeled raw sweets around the meat in the roasting pan during the last hour or so of cooking. Turn and baste them occasionally with meat drippings. The length of time will depend on the size of the potatoes, and whether or not they're covered with a lid.

Your own recipe files doubtless contain many sweetpotato recipes...sweets with apples, sweetpotato patties, biscuits, puff...and the delicious dessert variations...sweetpotato pie and custard. Their versatility makes sweetpotatoes a great help to the meal-planner, so she'll be wise to make full use of them during the fall and early winter.

\* \* \*

#### T-DAY NOTES...

The big day is less than two weeks away now...Turkey Day is the reference, of course.

##### NOTE TO BROADCASTER:

It's a good time to pass along to your listeners some final tips about the selection of the Thanksgiving turkey. We've already pointed out (RADIO ROUND-UP, November 1) the advantages of ordering a graded bird in advance.

Though there are definite advantages of ordering a graded bird in advance, many people will probably just drop in at the market and pick out the turkey a day or two before Thanksgiving. If the shopper must rely entirely on her own judgment, it's a good idea for her to keep in mind some of the qualifications the Government graders consider when they're grading dressed turkeys. There are thirty-five points on which a bird is rated when these men are on the job...of which the average shopper surely should be able to remember two or three.

The bird should be fully fleshed, with a cover of fat over the entire body. A plump bird will provide plenty of white and dark meat, and the fat will assure its being tender and juicy. The care with which the birds have been dressed also should be taken into consideration. Bruises, abrasions, scuffs and broken bones lower the grade of a turkey, no matter how fat and fine it is.

It's worthwhile to make a careful selection of the piece de resistance of the Thanksgiving dinner...and to choose a turkey which will fill the position of honor with distinction.

\* \* \*

## THE FOOD PICTURE...

Here's a general summary of the national food situation, as of November 1, based on the latest report from USDA's Bureau of Agricultural Economics.

Food supplies will be relatively large during the next few months, with the principal exceptions of sugar, fats and their products. Supplies of some foods, including chicken, eggs, butter and other fats, dried prunes and raisins, and sales of fluid milk, will be somewhat smaller during the next few months than they were in the latter part of 1945. However, larger quantities of other foods will be available, and these include cheese, evaporated milk, canned and frozen fruit, apples, citrus fruits, cranberries, grapes, canned and frozen vegetables, potatoes, dried milk, corn food products and canned fish. Other foods will be in about the same supply as in the latter part of 1945.

As for retail food prices, these will average materially higher than a year ago, as a result of the decontrol of most food prices, elimination of subsidies, and record consumer incomes. Exceptions to this are expected to be fresh citrus fruits, apples, fresh vegetables and potatoes. As you know, the only food items still under price controls are sugar, sirups and molasses, and rice.

Looking at the picture from the over-all, world-wide point of view, there's little question about the continuing need for careful use of food. Secretary of Agriculture Clinton P. Anderson made this clear in announcing the national farm goals this week. He pointed out that farmers face a fourfold task next year...producing to meet the needs of strong domestic demand and to supply some of the foods and other farm products still badly needed in war-devasted areas...also starting to build up reserves of certain commodities, and working toward a sounder program of proper land use and soil conservation.

Explaining that it is considered necessary to maintain high production levels next year, in spite of the drain they will place on our soil resources, the Secretary said:

"At the same time, in view of the severe world shortages of such commodities as fats and oils and sugar, the more our farmers can increase domestic production, the less our requirements will have to be met with abnormal supplies from other countries, and the more other shortage areas will have available."

\* \* \*

## THE "A" IN KALE...

Have you heard the news about kale, that dark-green, leafy vegetable which is a popular member of the greens family? It's been found that the carotene from kale is utilized by the body even better than the carotene from carrots. As you know, carotene is the orange-yellow pigment which the body converts into vitamin A...and carrots are the richest in this respect of all the common vegetables. Kale contains more than half as much carotene as carrots, and tests made on laboratory animals by chemists of the Bureau of Human Nutrition and Home Economics show that the body will convert two-thirds of the carotene in cooked kale to vitamin A.

The nutrition specialists of the Department of Agriculture advise that kale be cooked in just enough boiling, salted water to prevent sticking, and only long enough to make the leaves tender. They also suggest panning as another method of cooking kale...steaming it in a little melted fat in a flat, covered pan until it's tender. While the carotene in kale won't be affected by either heat or long cooking, its other nutritional assets should be guarded. For instance, some of its vitamin C can be destroyed by long cooking, and if much water is used, part of the calcium and iron which kale contains will escape in the water.

Incidentally, the marketing specialists of USDA tell us that the bronzed or brownish appearance of some kale is probably brought about by cold weather during the growing period. While it isn't as attractive as the normal dark green color, the flavor is usually not harmed.

Kale is better known in the East than in the western part of the country. The supplies on the market at this time come mostly from Virginia, Long Island and New Jersey, and the price should be fairly reasonable.

\* \* \*

## PARCEL-POSTING CHRISTMAS COOKIES...

You probably have Christmas cookies on your mind, (along with other things) these days, and since the sugar shortage makes them a problem again this year, you're no doubt looking up cookie recipes which call for very little sugar, or a sugar substitute.

### NOTE TO BROADCASTER:

The following suggestions should be a real help to your listeners who are planning to send such sweet treats to friends or members of the family away from home.

Christmas. cookies present a problem in themselves, however.. how to pack them for mailing so that the addressee receives something besides a box of crumbs! Here's a suggestion or two

(more)

you may like to consider. An empty baking powder tin makes a fine container for cookies. It isn't difficult to find a cookie cutter that will shape the dough just a little smaller than the circle of the tin. A small water glass will do the trick.

When it comes to refrigerator cookies, the dough can be rolled in waxed paper and chilled right in the tin. It might be well to warn the cookie-maker who's doing this to allow a bit of extra space for the spreading of the cookies in baking. If the can of cookies is to be part of a larger package, pack it firmly so that it won't rattle around. Shredded paper or other filler material should be used.

Brownies, drop cookies and small fruit bars will stand a journey better than the wafer-thin varieties. In packing a box of any of these, it's a good idea to line them up on their sides, instead of piling them flat, one on top of another. This will keep them from breaking up too badly, as a rule.

The most satisfactory traveler among cakes is the delectable fruit cake, as you probably know. The large quantity of fruit it contains helps to keep it moist. If it's baked right in the tin in which it's to be mailed, the fruit cake will usually arrive in fine condition. Be sure to get a tin with a tight-fitting lid. After the cake is baked and cool, cover the top with waxed paper, fill up any spaces so that it will be rigid, then put the top on. Sealing it around the edges with adhesive tape will help to keep it fresh.

Appeal from the Post Office: The Post Office Department is making its annual plea for careful packing and addressing and early mailing. There's a great deal of loss every year in food packages so poorly packed that they come apart before they reach the addressee. And those which are incorrectly addressed often are long delayed, causing disappointment all around. Early mailing helps to cut down the last-minute rush and enables the Post Office to give better service. If the packages are marked plainly to indicate that they're Christmas gifts, there's always at least a chance that the recipient will follow the hands-off policy until the big day!

\* \* \*

#### EGG COMPARISONS...

Egg prices hit the high-note of the year in the Fall months... hens are not producing in quantity, and the pullets are just beginning to lay. However, there are egg bargains if the consumer will look for them.

It seems that we prefer to buy large or extra large white eggs. Right now they're moving off the market first, while medium size and small eggs, which have been lower in price in proportion to the food quantity represented, are more plentiful.

(more)

Consumers should have no difficulty in recognizing these egg bargains if they know a bit about the weight of the different sizes of eggs. A dozen large eggs weigh at least 24 ounces. The medium size ones weigh 21 ounces a dozen, and the small (or pullet) eggs 18 ounces. Let's follow this up with a little arithmetic. A dozen pullet eggs average three-fourths the actual food quantity of a dozen large eggs. Therefore, they represent the same money value when their price per dozen is three-fourths that of large eggs. They're a better buy whenever their price per dozen is less than three-fourths that of large eggs.

The same general method applies in determining the value of medium eggs as compared with large ones. If the price per dozen for medium size eggs is one-eighth less than the price of large eggs, the shopper is getting the same amount of food value for her money. But whenever the price of medium size eggs is lower by more than one-eighth of the price of large eggs, the buyer is getting a bargain.

Brown eggs are a bargain at any season if the price is lower than the price of white eggs of the same size. The food value of eggs is the same whether the shell is brown or white.

\* \* \*

#### CITRUS FRUIT FORECAST...

. Many areas will soon be seeing more Florida oranges on the fruit stands. Growing conditions continued favorable during October, and record crops are on the way. The same is true of Texas oranges. These will be especially welcome right now, because California is ending the Valencia season, and the Navel variety is just starting to appear. With the volume that's beginning to move to market, these oranges should be fairly reasonable in price.

In areas where Florida fruit is marketed it's well to keep in mind that the Floridas are especially fine for juice. And here's a hint from the fruit marketing specialists in this connection. They suggest that you roll oranges around between your hands, or on the kitchen table, before squeezing them. This helps to break down the juice sacs, thus increasing the amount of juice you'll get from the fruit.

The grapefruit crop is also at a record high, but prospects are for a slight decrease in the lemon supply. The present crop is estimated at 4 percent less than that of last year, although it's 11 percent higher than the 1944-45 crop.

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FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U. S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

BALTIMORE

Apples  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Lettuce  
Onions  
Potatoes  
Spinach  
Sweetpotatoes  
Tomatoes  
Turnips

BOSTON

Apples  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chicory  
Escarole  
Kale  
Lettuce  
Melons  
Onions  
Parsley  
Parsnips  
Peppers  
Potatoes  
Radishes  
Romaine  
Spinach  
Swiss chard  
Turnips

NEW YORK

Apples  
Beets  
Broccoli  
Brussels  
  sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Celery cabbage  
Collards  
Chicory  
Escarole  
Kale  
Mushrooms  
Onions  
Oranges  
Peppers  
Potatoes  
Spinach  
Squash  
Sweetpotatoes  
Turnips

PHILADELPHIA

Apples  
Beets  
Cabbage  
Carrots  
Celery  
Collards  
Onions  
Parsnips  
Potatoes  
Spinach  
Turnips

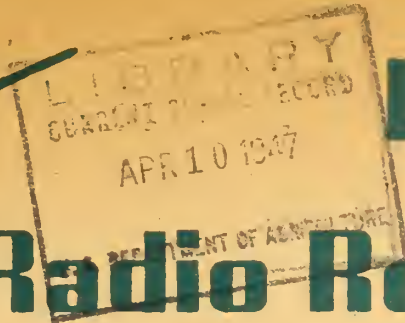
PITTSBURGH

Apples  
Cabbage  
Carrot  
Lettuce  
Onions  
Parsnips  
Potatoes  
Spinach  
Sweetpotatoes  
Turnips

WASHINGTON

Apples  
Cabbage  
Onions  
Oranges  
Potatoes  
Sweetpotatoes

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**Northeast Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

December 6, 1946

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.

## HOLIDAY TREATS THAT SAVE SUGAR AND FAT...

The Christmas cookie season is well under way for the women whose holiday plans include gifts of food. There's still a problem, however, in view of the continuing shortages of sugar and shortenings. You may like to consider a few suggestions from the U.S. Department of Agriculture's food specialists for cookies which are economical on both scores. For good measure, we're adding directions for making a holiday candy that requires no sugar at all.

### Save Sugar with Sweetpotatoes:

Here's a recipe for drop cookies which use very little sugar, a moderate amount of molasses, and gain part of their sweetening from grated raw sweetpotato...delicious and a bit unusual.

$\frac{1}{2}$ cup fat	2 cups sifted all-purpose flour
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup molasses	1 teaspoon baking powder
1 cup grated raw sweetpotatoes	$\frac{1}{2}$ teaspoon ginger, if desired
1 teaspoon grated orange rind	$\frac{1}{4}$ cup sour or buttermilk

Cream together fat and sugar; add egg and beat thoroughly. Add molasses, sweetpotato, (grated just before using) and orange rind. Sift together the rest of the dry ingredients: add them alternately with milk to the sweetpotato mixture. Mix well and drop from a teaspoon onto a greased baking sheet. Bake in a moderately hot oven (375 degrees F) about 15 minutes or until golden brown. This recipe makes three dozen cookies.

### Hints About Honey:

Honey may be more easily available in some localities, and those who have a supply will find it very satisfactory to use as all or part of the sweetening in many cakes, cookies and quick breads. The food specialists recommend that in using honey, it be mixed with the liquid called for in the recipe, and that baking be done at the lowest temperature possible for the given product. This prevents loss or change of flavor of the honey, and also avoids too rapid browning. They've developed a recipe for Honey Drop Cookies, this recipe includes chopped fruit and nuts, and also calls for comparatively little shortening. Here it is:

$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ teaspoon salt
1 egg, beaten	1 cup chopped nuts
$\frac{3}{4}$ cup honey	$\frac{1}{2}$ cup chopped dates, figs, or other dried fruits
2 tablespoons milk	$\frac{1}{2}$ cup chopped candied citron or pineapple
2 cups sifted flour	
2 teaspoons baking powder	

Cream the shortening. Mix together beaten egg, honey and milk. Add nuts and fruits to the sifted dry ingredients, and then add the liquid to the shortening. Drop small spoonfuls on a greased baking sheet and bake in a moderately hot oven (375 degrees F) for about 10 minutes.

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Plain Drop Cookies without Sugar:

Here's a Bureau-tested recipe which makes about 60 cookies, uses only half a cup of fat, one cup of sweetening, and one egg. It's easy to make and comparatively inexpensive.

$\frac{1}{2}$ cup fat	$2\frac{1}{4}$ cups sifted flour
1 cup sorghum, cane, corn or maple sirup (see NOTE)	2 teaspoons baking powder
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
	1 teaspoon flavoring

Cream the fat, add the sirup mixed with the beaten egg, and beat well. Add the sifted dry ingredients and flavoring. Drop by teaspoonsful onto a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375 to 400 degrees F). Remove from sheet while hot.

NOTE: If sorghum sirup is used, omit the baking powder and add  $\frac{1}{2}$  teaspoon of soda to the dry ingredients.

Dried Fruit Candy: To tuck into the corners of a box of cookies, adding interest and variety to the gift, here's a sugarless confection that's delicious and easy to make. Grind one or several kinds of dried fruit. Add peanut butter or finely chopped nuts. Form into balls, which you roll in sugar if you have a bit to spare. This is not necessary, however, because is good "as is."

\* \* \*

"PRIME" STAMP BACK IN USE...

The U.S. Department of Agriculture recently approved the reinstatement of "Prime" grade to the official standards of beef and veal. This top grade was suspended October 1, 1942 as a war-time measure to help conserve livestock feeds, and to bring official standards of the Department in line with the wartime grade classification established by OPA.

Prime beef is distinguished by the amount of fat "marbling" throughout the meat and its thick border of white fat. However, though beef and veal may once again bear this U. S. Grade, chances are the homemaker will see little of it. In the first place, only about one-half of 1 percent of all beef produced is of "Prime" grade, and much of this is taken by the restaurant and hotel trade. Also it's doubtful if much of this grade will appear until late next spring, when finished cattle from feed lots are expect to be marketed. Right now most beef cattle being sold have not been finished sufficiently to approximate "Prime" grade, and even "Choice" grades are limited. "Good" and "Commercial" grades of beef are the present supply leaders.

\* \* \*

## FOOD PLAN FOR THE FAMILY...

Mothers of small children often feel they must plan two sets of menus...one for the youngsters and one for the older members of the family. Actually, small children and adults need the same basic foods.

A new booklet just published by the U.S. Department of Agriculture's Bureau of Human Nutrition and Home Economics, should be of considerable interest to mothers of small children. It's written in the form of a story about a typical family of father, mother and a little boy and girl, and gives information of special value to mothers of young children. This booklet presents a practical and easy-to-follow food plan for the family. The nutritionists of the Bureau point out that it isn't necessary to plan two sets of meals, one for the children and the other for grown-ups. They explain that foods which are good for the children are just as good for adults, and that there are only a few items which cannot be served to all the family, if the meals are properly planned.

An example of adapting the same basic food to both age groups is given in the case of pie. When mother makes a pie for some special occasion, she can bake the filling in custard cups for the youngsters, and they'll be very happy with this dessert.

There are some helpful hints regarding the art of persuading children to eat unfamiliar food, and of overcoming prejudices they may have developed against certain foods. There's a section on the right diet for an expectant mother, an outline of a typical family food plan...also a week's sample menus. Another interesting feature of this bulletin is a list of suggestions on reducing the family food bill by careful planning and cooking, and substituting less expensive foods.

The name of this new bulletin is "Food for the Family with Young Children," and the number is AIS-59.

### NOTE TO BROADCASTER:

There's no charge for it, of course, and you may tell your listeners to order it directly from Radio Agriculture, Washington 25 D.C. A postal card request will do.

\* \* \*

## WHERE THE GRAIN FLOWS...

Because of the favorable supply of most grains in this country a number of restrictions put into effect last spring to conserve grains for home use and for export to shortage areas abroad have been modified or removed.

As of November 29, there is no longer any limitation on the amount of flour that may be produced for domestic distribution and for export to license-free countries. You may remember that last

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April millers were required to limit the production of flour for domestic distribution to 75 percent of the amount made in the corresponding month of 1945. There are now only two restrictions on use of wheat. First, this grain may not be used by distillers and brewers; second, milling wheat and flour suitable for human consumption can not be used in the manufacture of livestock feed.

Distillers may not use wheat, wheat products and corn grading No. 1, 2, and 3, and only limited quantities of rye. But they may use unlimited quantities of low-grade, high-moisture corn and other grains. At the same time, the U.S. Department of Agriculture is urging the distillers to accept, wherever possible, only the grain that is transported by motor truck. That's because of the present transportation difficulties in rail movement of grain for food and for export.

Since November 29, brewers have been able to get approximately 10 percent more grains and grain products such as malt corn, barley and sorghum. The use of wheat and rice of table grade in malt beverages is still prohibited.

\* \* \*

#### GREEN TEA ARRIVES...

If you've been waiting for a cup of green tea, get out your tea pot, for a share of the first crop of green tea picked in Japan since the end of the war will soon be on our markets. About seven and a half million pounds are scheduled for this country and two-thirds of this amount already has been received. This tea was inspected and passed by American tea experts and is rated as being of fine quality. Prices should not be too much above pre-war levels.

Our total tea imports this year, including the green tea now arriving, will amount to about 90 million pounds. This represents normal use in this country, or about three-fourths of a pound per person.

\* \* \*

#### ANGLES ON APRONS...

There's nothing more prized than a hand-made Christmas gift.. and what could be more useful than an apron. Here are some hints about gift-aprons, from the clothing specialists of USDA.

##### NOTE TO BROADCASTER:

You may like to include them in an early broadcast, for the special benefit of those listeners who are in the midst of Christmas sewing.

There are aprons and aprons, of course, but it's a good idea if they're both practical and pretty. These suggestions will help to assure satisfaction on both counts.

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In the first place, aprons should be made of material which will wash well...both colorfast and preshrunk, if possible. And you'll find that a colored ground with an all-over printed pattern will stay fresh-looking longer than white.

Any trimming that's used should be sturdy and colorfast; all fastenings should be rustproof and washable, of course.

As to workmanship, be sure it's neat and strong. Reinforce the corners of the pockets, the buttonholes and the places where buttons are attached.

Maybe you haven't thought of the safety hazard in aprons, but it's something to consider. Don't use dangling bows for trimming, or a large fluffy bow in the back. These may catch on things around the kitchen and cause trouble. And a wide front ruffle might easily catch fire bending over the stove.

The skirt of an apron should be moderately wide, for convenience in climbing and stooping, but not so full that it will get in the way, or get stepped on. The pockets should be conveniently large...about large enough for a closed hand, as a rule. It's well to place them on full parts of the apron, but not on curves of the body. If the pockets are at the side, they may be made either straight or slanting. If they're close to the front, it's well to slant the openings toward the back. And the shoulder straps on aprons should "stay put," anchored firmly in the back, well above the waistline.

An apron should be easy to get into, with no more fastenings than are needed to prevent gapping. For instance, it's better to make a pinafore with one button at the back of the neck and a tie at the waist than with a row of buttons down the back.

And remember that simple styles launder more easily than those with ruffles and gathers.

\* \* \*

### EGG PRICES DROP...

As the number of shopping days before Christmas gets fewer and the number of Christmas gifts grows larger, budgets shrink proportionately. The thrifty homemaker will welcome a wholesome food that is now going down in price. Yes, the good news comes from the hen house. Eggs are getting progressively cheaper. After the Thanksgiving holiday, hen fruit seasonally starts to decline in price. And true to tradition, that is now happening on Northeast markets.

When you go egg shopping don't let the color of the shells fool you. A brown egg is just as good as a white one, and vice versa. The tint of the shell is due to the breed of the hen that lays the eggs. And the color of the yolk does not necessarily mean a greater amount of vitamin A. The yellow corn and green feed in a hen's diet are good sources of vitamin A and tend to give the yolk a deep orange color. Some poultry raisers feed

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their hens supplementary rations of fish liver oils. The yolks of the eggs from these hens may be a pale yellow but they carry just as much or even more vitamin A than the deep yellow ones.

Eggs contain protein of top quality, and three of the B vitamins...thiamine, riboflavin, and niacin. In addition, they also have some vitamin D. Egg yolks are a rich source of iron, needed for red blood cells, and offer phosphorus and other minerals.

Now that prices are beginning to take their seasonal slump, the homemaker should take advantage of this fine, nutritious, and comparatively inexpensive food.

\* \* \*

### CHRISTMAS TREE TIME...

These are the days when Christmas trees are coming to town.. from the Northeast, the Northwest and the Lake States...from 15 to 18 million of them. In case it makes any difference to you which State is first this year in Christmas tree production, it's Washington, with Montana a close second, and Minnesota third.

As for species...spruces make up about 35 percent of the total, and they're first in popularity, too. About 30 percent are Douglas fir and 20 percent balsam-fir; the remaining 15 percent is made up of pine, cedar, red fir and white fir.

The trees travel by land, water...even by air, on occasion. In years past, Christmas trees have gone by airplane to foreign countries as good will ambassadors from the United States. It's expected that a great many will move by truck this year, in view of rail transportation difficulties. Enough trees have been cut to supply the market demand, and the growers will make every effort to see that they reach the family fireside.

Forestry experts at the U.S. Department of Agriculture suggest that the early buyer look the market over carefully, to make sure he's getting a good tree for his money. The tree purchased some time before Christmas should be kept in a cold place, and when it's brought into the house, set in water. This will help to keep it fresh and green for a longer time, and also will reduce the fire hazard.

And by the way, if you're weeping over the cutting of trees for use at Christmas...worrying for fear it's wasteful...dry those tears. Actually, the careful removal of these trees is beneficial to those remaining. It is a thinning operation that's really necessary, in order to let the other trees develop into good timber.

\* \* \*

MINCEMEAT MEMO...

There will be more mincemeat on grocers' shelves this year than last, but the price is likely to be considerably higher, due to the general increase in the cost of ingredients. As you realize, no doubt, the shortage of sugar is chiefly responsible for the shortage of mincemeat. Makers get an allotment of only 60 percent of the amount of sugar they used in 1941.

\* \* \*

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BALTIMORE

Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Grapefruit  
Lettuce  
Oranges  
Peppers  
Potatoes

BOSTON

Apples  
Cabbage  
Carrots  
Celery  
Chicory  
Chinese cabbage  
Cucumbers  
Onions  
Oranges  
Parsnips  
Potatoes  
Squash  
Blub hubbard  
Turban  
Tomatoes  
Turnips

NEW YORK

Apples      Onions  
Beets      Oranges  
Cabbage      Potatoes  
Celery      Radishes  
Celery      Snap beans  
cabbage      Spinach  
Collards      Squash,  
Eggplant      winter  
Escarole      Sweet-  
Grapefruit      potatoes  
Lettuce      Tangerines  
Mushrooms      Turnips

PHILADELPHIA

Apples  
Beets  
Cabbage  
Carrots  
Celery  
Collards  
Kale  
Onions  
Oranges  
Parsnips  
Potatoes  
Spinach  
Tangerines

PITTSBURGH

Cabbage  
Carrots  
Celery  
Grapefruit  
Lettuce  
Oranges  
Potatoes  
Sweetpotatoes  
Tomatoes

WASHINGTON

Apples  
Cabbage  
Collards  
Kale  
Onions  
Oranges  
Potatoes  
Spinach

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